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Food pg 11

Lamb with Easter twist

Entertainment pg 14

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Abbotsford Heat head coach Jim Playfair rips off his jacket in the middle of a tantrum, which was caught on video and posted on YouTube. The clip has since drawn hundreds of thousands of views. [Watch the video at metronews.ca/local](http://metronews.ca/local).

Coach not sorry after meltdown goes viral

YouTube video of tirade during Abbotsford Heat game a hit

Jim Playfair isn't proud a screaming, stick-breaking meltdown caught on video has turned him into an Internet sensation, but he's not sure he needs to say sorry, either.

The intense but usually controlled head coach of the American Hockey League's Abbotsford Heat, and former Calgary Flames head coach, became enraged over the weekend following a call by referee Jamie Koharski during a game against the Hamilton Bulldogs.

A jaw-dropping video on the Internet shows Playfair violently shattering two sticks and ripping off his jacket while screaming at

Following news stories on Twitter...
PlayfairTweets
 @MissRedWing @nhldigest
 Playfair needs to learn to manage his anger by chewing gum. I mean, it stops Pat Quinn from having multiple tantrums.
 @Buran8 RT @holdencalgary:
 Playfair video is hands down my favorite this year. All that's missing is the Hulk turning green

officials.
 The video had drawn more than 700,000 views on YouTube as of yesterday evening. It even made CNN.
 "It is what it is," a soft-spoken Playfair said yesterday after the Heat practised. "I'm not going to apologize for it."
 "It's part of the emotion level you have to have to

get to be a professional person. That's what happened."
 He would have rather talked about last night's key divisional game against the Manitoba Moose. Instead, Playfair had to find an explanation for something that most people found inexplicable.
 "It's not something you

are proud of," said the 45-year-old. "It isn't my proudest moment, for sure. It's not to the point where it's embarrassing."
 An AHL spokesman said Playfair has been fined an undisclosed amount for the incident. Asked about the amount of the fine, Playfair only smiled.
 "Ask my wife," he said. "She pays the bills."
 As far as Playfair is concerned, the incident is over. He just hopes his 15 minutes of Internet fame have faded.
 "I'm a live-in-the-moment guy," Playfair said. "I did what I did and I have moved on."
THE CANADIAN PRESS

New case of food tampering at Safeway

KRISTA SYLVESTER
krista.sylvester@metronews.ca

GROCERY More food tampering has struck a southwest Calgary Safeway store.

Police say a customer found a metal product in a loaf of bread bought at the Shawnessy Safeway on Sunday. The bread was returned to the store manager yesterday afternoon.

Safeway spokesperson Betty Kelsey told Metro the chain had beefed up security in light of previous incidents, with a Co-Op in Oakridge being targeted several times earlier this year and, most recently, three Calgary Sobeys stores also affected in the city's south.

"It's disturbing because we don't know the motive or who would do this or why, or if it's a copycat situation. Right now we're working with police and that's where we are at," she said.

While a woman is facing a charge in relation to one of the incidents from earlier this month, food tampering continues to occur and shoppers are growing impatient.

Chelsea Donald said she is disappointed to hear about the latest incident.

"I don't know what's going on, but this is becoming absolutely ridiculous now," she said. "Someone is going to get hurt."

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3

Local



Lilith announces all-star lineup

Lilith – The Celebration of Women in Music has announced its headline acts and ticket information. Sarah McLachlan, Sugarland, Sheryl Crow (left), Erykah Badu and Colbie Caillat will perform at the June 27 show at McMahon Stadium. Tickets go on sale this Saturday at 10 a.m. at Ticketmaster outlets and Livenation.com. Prices range from \$51.50 to \$252, plus taxes.

METRO NEWS SERVICES

Following news stories on Twitter... CalgaryTweets

@robfairhead Who's driving the high speed train from Calgary to Edmonton? Overhaul each city's transit system instead. Why isn't that obvious?

@gotkubie Dear God, Nature, @barackobama, Spiderman... whoever, PLS let it RAIN in #YYC this Easter weekend. This city's GROSS!

@tremaine Just glanced out the SE window of our office... who turned out the lights? #yyc #weather

@Ironic_Mom If only I could order a cleaning lady as easily as I can order pizza.

metronews.ca

WHAT'S ONLINE TODAY

Video Hundreds of thousands of the odds and ends it took to put on the 2010 Winter Olympic and Paralympic Games are being sold off, with some being sold online by B.C. Auction and on eBay, at metronews.ca/canada

Video U.S. Secretary of State Hillary Clinton walked out of a summit of Arctic coastal countries yesterday after criticizing Canada for not inviting all those with legitimate interests in the polar region, at metronews.ca/canada

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Driver attempted suicide prior to crash, court told

The woman behind the wheel of a school bus that smashed into a parked truck, killing a young girl, said her personal life was in turmoil at the time and she had attempted suicide a month before the crash.

Louise Rogers testified yesterday at the fatality inquiry into the death of nine-year-old Kathelynn Ocena, who was killed in October 2007 when the school bus sideswiped a gravel truck that was in the emergency lane of southbound Crowchild Trail.

Rogers testified she had gone to a hospital emergency room a month before the crash after she attempted to overdose on prescription pills, and her supervisor was aware.

"(I told the supervisor) basically that I was in the

hospital ... I didn't tell her exactly why, just said I was in the psychiatric area."

Rogers said she had been seeing the school psychologist, on the recommendation of her supervisor, as recently as two days before the accident.

The day of the crash, Rogers said, she woke to a call from her supervisor. She frequently asked her to call and make sure she was awake to start her route, she said.

"She asked me if I was feeling OK and if I was able to drive. I said yes."

Rogers, 42, pleaded guilty to careless driving after police decided stricter criminal charges weren't warranted. She paid a fine of \$2,300 and her driver's licence was suspended for 90 days.

THE CANADIAN PRESS



Louise Rogers leaves court after an appearance yesterday. She was driving a school bus in 2007 during an accident that left nine-year-old Kathelynn Ocena dead.

Four charged in Ponzi scheme

FRAUD Calgary RCMP have charged four people after a five-year investigation into what they said was a \$60-million Ponzi scheme that victimized more than 1,000 people across North America.

Police say the alleged scheme worked through a company called HMS Financial, which allegedly offered people investment vehicles that promised to pay between eight and 12 per cent return without any financial risk.

They say it collapsed in 2004.

HMS Financial has also

Headed to court

- Murray Stark, 73, of Three Hills, Robert Fyn, 62, of Linden and Garth Bailey, 57, of Okotoks are charged with fraud and conspiracy to commit fraud. All three, as well as Katherine Bailey, 53, of Okotoks, also face money-laundering charges. The four will appear in provincial court in Drumheller on April 16.

been the subject of an ongoing civil lawsuit since 2005.

A statement of claim from that class-action law-

suit charges that prospective investors were offered shares in a private investment corporation that was funding major construction projects around the world.

The statement, which has not been proven in court, says investors were told their money was secured by bonds and cash held by one of the HMS principals.

Investigating the case took sorting through thousands of pages of documents, trying to reconstruct a paper trail that wound its way through both Canada and the U.S.

THE CANADIAN PRESS

News in brief

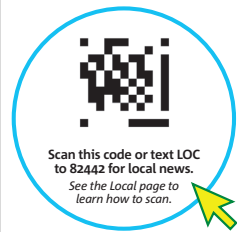
COURTS Despite being convicted earlier this month of failing to provide the necessities of life to his daughter, a judge has granted a mental assessment for a Calgary father. Jonathan Hope will undergo a 30-day psychiatric assessment after his lawyer argued he may not have been criminally responsible for his toddler's death, because of a brain injury he suffered in a motorcycle accident years ago. Hope's 16-month-old daughter died in 2006 after swallowing methadone from the family home. Lisa Guerin was also found guilty of the same charge and she will be sentenced on April 8.

METRO CALGARY

Fire Dept. warns of dry conditions

FIRE HAZARD After responding to three separate grass fires in a 75-minute window yesterday, the Calgary Fire Department is reminding Calgarians to be vigilant during the dry conditions. The conditions, combined with strong winds, make it difficult for firefighters to control the spread of the fires, said fire department spokesperson Jeff Budai. Yesterday a fire near Glenmore Trail, east of the city, burned several acres of grass and came close to consuming a home. Budai says carelessly discarded cigarettes and uncontrolled burns are common causes of these fires.

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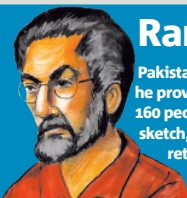
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Canada



Rana pleads not guilty to U.S. charges

Pakistani-Canadian terror suspect Tahawwur Hussain Rana has pleaded not guilty to U.S. charges he provided material support to terrorists for the 2008 Mumbai terror attack that killed more than 160 people, during a pre-trial court appearance yesterday in Chicago. Rana, seen in this courtroom sketch, is being prosecuted on multiple terrorism-related charges for allegedly planning a violent retribution against the workers of Jyllands-Posten, the Danish newspaper that controversially published cartoons of the Prophet Mohammed in 2005. **THE CANADIAN PRESS**

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LAW Canada should allow
lawsuits against foreign of-
ficials accused of torture
by people living in the
country, an Ontario court
heard yesterday.

Amnesty International
and the Canadian Centre
for International Justice
argued there should be no
immunity for those
accused of torture, war
crimes, genocide or crimes
against humanity.

THE CANADIAN PRESS

Fiancé of slain Iran student coming

HUMAN RIGHTS The fiancé
of a woman whose shoot-
ing death on the streets of
Tehran was seen online by
people around the world is
coming to North Vancou-
ver to talk about the reali-
ty political prisoners face
in Iran.

Caspian Makan was en-
gaged to Neda Agha
Soltan, a university
student who was shot to
death during a rally
protesting the Islamic
regime last summer.
Her death, which was
captured on a cellphone
video and posted on
YouTube, galvanized the
Persian community.

**KRISTEN THOMPSON/
FOR METRO CANADA**



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U.S. Secretary of State Hillary Clinton at the Arctic Ocean Foreign Ministers' Meeting yesterday in Chelsea, Quebec. She left the summit after criticizing Canada for not inviting all those with legitimate interests in the region, and told CTV News continued support in Afghanistan would be welcome.

Clinton calls for an Afghan extension

Hillary Clinton dropped a political hot potato into the Harper government's lap yesterday, calling on Canada to extend its military mission in Afghanistan.

The controversial "ask" from the U.S. secretary of state, which had been widely anticipated, came on the eve of the Canadian-hosted G8 foreign ministers meeting.

"We would obviously like to see some form of support continue, because the Canadian Forces have a great reputation," Clinton told CTV News yesterday.

She said the post-2011 mission could be different from the current combat role in Kandahar Province,

Debate?

• Though many Canadians have no appetite for further military involvement in Afghanistan, Clinton's comments will be sure to spark debate.

the spiritual heartland of the Taliban.

"The military could slip more into a training role than into a combat role," she said.

The Conservative government has repeatedly insisted that all Canadian troops will be withdrawn as scheduled in July 2011 — a position echoed by Foreign Affairs Minister Lawrence Cannon just last

week.

But there was never an outright request from the Americans. The Harper government now has to decide whether to turn down its closest ally or renege on its pledge. Cannon was expected to address the issue at a press conference yesterday evening.

Clinton's request came a day after U.S. President Barack Obama made a surprise visit to Afghanistan and chided President Hamid Karzai over the long-standing concerns of corruption in his fragile, Western-backed government. The G8 ministers, are meeting to talk about security.

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Dogs spook sheep, send them running to their demise

Police say 67 sheep died when a pair of dogs attacked them and sent them fleeing into the path of a freight train in southwestern Germany. **THE ASSOCIATED PRESS**

5

World



Imelda Marcos among candidates

Former Philippine first lady Imelda Marcos, left, has begun a grueling campaign for a congressional seat she hopes will allow her to bury her ousted strongman husband in a heroes' cemetery and clear his sullied name. Marcos, 80, and nearly 18,000 other politicians barnstormed the impoverished Southeast Asian nation on the first official day of campaigning for May 10 local elections. **THE ASSOCIATED PRESS**

U.S. militia members charged in attack plot

Nine alleged members of a Christian militia group that was girding for battle with the Antichrist were charged yesterday with plotting to kill a police officer and slaughter scores more by bombing the funeral — all in hopes of touching off an uprising against the U.S. government.

Seven men and one woman believed to be part of the Michigan-based Hutaree were arrested over the weekend in raids in Michigan, Indiana and Ohio, and another was still being sought.

FBI agents moved quickly against the group because its members were planning an attack sometime in April, prosecutors said.

Authorities seized guns in the raids but would not say whether they found any explosives. The arrests have dealt "a severe blow to a dangerous organization that today stands accused of conspiring to levy war against the United States," Attorney General Eric Holder said. Authorities said the arrests underscored the dangers of home-grown right-wing extremism of the sort seen in the 1995 Oklahoma City bombing that killed 168 people.

In an indictment unsealed yesterday, prosecutors said the group began military-style training in the Michigan woods in

2008, learning how to shoot guns and make and set off bombs. David Brian Stone, 44, and one of his sons were identified as the ringleaders of the group. Stone, who was known as "Captain Hutaree," organized the group in paramilitary fashion and members were assigned secret names, prosecutors said.

THE ASSOCIATED PRESS



After health-care reform victory, emboldened Obama standing tall abroad

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Somalia **Protesting extremists**



Somali demonstrators hold placards reading "Fight Those who dug our Clerics' graves" as they march in Mogadishu, Somalia, yesterday. Hundreds of women and children took to the streets in the government-controlled southern part of the capital to protest the actions of al-Qaida-linked groups in their country.

UN condemns Moscow attack

UNITED NATIONS The UN Security Council yesterday strongly condemned the terrorist attacks on Moscow's subway as "an unjustifiable crime." The UN's most powerful body approved a statement hours after yesterday morning's twin suicide bombings that killed at least 38 people and wounding more than 60 calling terrorism "one of the major threats against international peace and security."

Chechen militants are suspected in the bombings, carried out by two female suicide bombers.

The council expressed determination "to fight against all forms of terrorism," stressing that "any terrorist attack is an unjustifiable crime whatever the motives, the time, the place or the authors."

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

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Comment

Tories seeking Grit knockout blow

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Stephen Harper's chutzpah. There's nothing like it. Remember his election-finance manoeuvre of some time ago, the one that stank the joint out, almost toppling his

government?

It's back. The Conservatives have confirmed that the measure, which would eliminate the per-vote subsidy that political parties receive, will be part of their next election platform.

It's not such a dangerous time to reintroduce the plan. Still, one would think the prime minister wouldn't want anyone to be reminded of it.

But he faces no challenge within the Conservative party. In popularity, he is running behind his party.

According to the latest poll, his job approval rating is only 29 per cent. The party stands at 35 per cent. But there is no heir apparent, so this doesn't matter.

What matters is Harper's determination to cripple the Liberals. He sees cancelling public funding, which was included in his budget update package in November 2008, as one of the principal ways. Take away the subsidy and it gives his Tories a big advantage because they are much better at fundraising. For

example, in 2009, according to Elections Canada, the Conservatives raised almost \$18 million, the Liberals just more than \$10 million. They were followed by the NDP with \$4 million.

Money is key, not just at election time. Deep pockets allowed the Conservatives, among other things, to run effective attack ads against Stéphane Dion and Michael Ignatieff. The Grits didn't have enough swag to respond in kind.

The Tories don't have to worry that the opposition

parties will rush to form a coalition to block the funding measure this time. The Governor General wouldn't turn power over to a coalition at this stage. There would have to be an election, one Harper would probably win.

Putting the funding measure in the campaign platform is the smart way to go about achieving the change. This way, the Tories can slip it in under the radar. It won't be a major campaign issue and if it does come up, they can argue that in diffi-

cult economic times, the public should not be funding political parties.

Opposition parties argue that a return to private financing of parties opens the doors to all kinds of abuses, some of which are seen in the U.S. system.

But it's doubtful they would be complaining if they knew how to raise money like Harper and company.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Boomer onslaught threatens health care

InBusiness

Charles Davies

metronews.ca/inbusiness

For decades, baby boomers have had a profound impact on just about every aspect of society, from art and popular culture to politics and economics.

Now, the demographic bulge that makes up close to one-third of Canada's population is getting old, and it's about to train the full force of its neediness on one of our most treasured institu-

tions — the health-care system. The question is: Will the effect be merely great, or will this increasingly decrepit horde cause the collapse of health care, producing a tsunami across the economy? The answer is buried in the contradictory nature of the boomers themselves. They simultaneously defy traditional notions of aging, yet feel completely entitled to impose extraordinary demands on the health-care system.

At the onset of senior citizenship, they're far perkier than their parents' generation at the same age. They're generally more active, they're working longer, they're embracing wellness

in all its forms, and they can look forward to a steadily expanding life expectancy.

The stakes in the boomer health-care onslaught are high. This year, as the first of the boomers turn 65, Ontario will spend more than 46 cents of every dollar it takes in to fund health care. At the current annual rate of growth, the province will spend 50 cents on the dollar on health care by 2014, and about 66 cents by 2030, when the youngest boomers will hit retirement age.

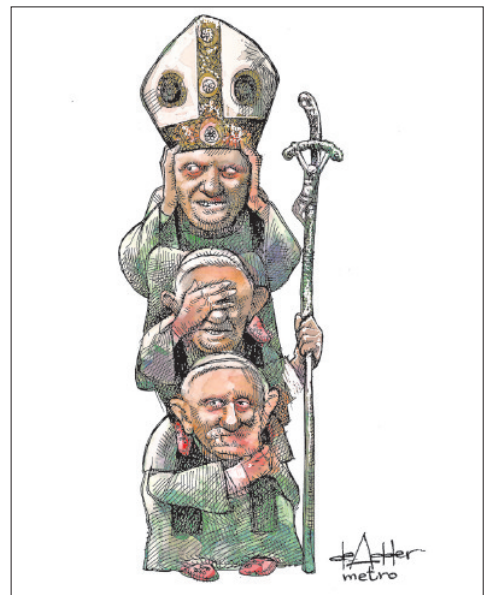
Ontario isn't alone. Every province faces the prospect that health-care costs will spiral out of control, undermining other priorities.

Obviously much needs to

be done to better manage the health-care system, to make it more efficient and effective. But much depends on baby boomers' attitudes and behaviour.

To the extent that boomers stay active, follow balanced diets and avoid bad habits, the risks will be mitigated. The same goes for proactive screening to detect conditions before they become serious. Senior boomers who lead healthy lifestyles won't just be helping themselves; they'll be helping all of us. Let's hope they eat their spinach.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



MICHAEL DE ADRE

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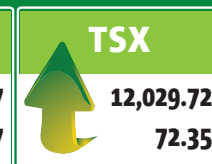
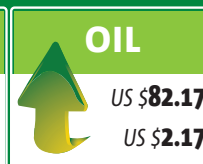
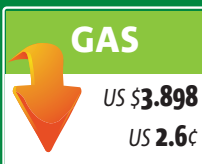
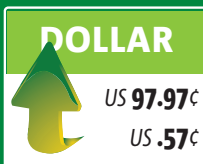
TAKE AN ADVENTURE THROUGH SCOTLAND IN THE SUBMARINE. WORLD PREMIERE. MARCH 8 UNTIL APRIL 3. TICKETS JUST \$15-18.

Canwest gets extension

Canwest Global Communications Corp. says the Ontario Superior Court of Justice has extended the media company's creditor protection from bankruptcy until June 15. Canwest filed for protection from bankruptcy last fall after amassing \$4 billion in debts and getting squeezed by the recession-induced slump in advertising revenues. **THE CANADIAN PRESS**

7

Business



EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Strategy a mistake: TD

Economists and business leaders are warning the federal Liberals that they are about to repeat Stephen Harper's mistake in proposing to scrap billions of dollars in scheduled corporate tax cuts.

The federal Conservatives' two-point cut of the GST made for good politics but bad economics, economists have long complained.

Now they say Liberal Leader Michael Ignatieff is also attempting to take the easy political route in trying to raise an estimated \$6 billion in additional revenue, buying future votes at the expense of the long-term health of the economy.

On Sunday, Ignatieff said a Liberal government would freeze the corporate tax rate at 18 per cent, in-

definitely deferring a planned cut to 15 per cent until it's affordable.

But TD Bank chief economist Don Drummond said yesterday there is almost universal agreement among experts that the most destructive taxes are those on corporations and the least are sales taxes.

In 2006, the Tories cut the GST rather than what economists say would have been preferable — reducing income levies, particularly on lower-earning Canadians.

The moves proposed by Ignatieff would take billions of dollars from a corporate sector that is just emerging from a deep recession and needs the money to invest and modernize, economists said.

Canadian Chamber of

Commerce president Perin Beatty said the federal Liberals sprang the proposal without consulting with the business community beforehand.

"It was a surprise and an unpleasant one," he said. "We will be following up

with them to express our deep concern about this."

It is furthermore unclear whether Ottawa would gain as much as the Liberals believe, said Toronto-area economic consultant Dale Orr.

THE CANADIAN PRESS



Don Drummond

Mortgage rates rise

BANKING Two of Canada's biggest banks are increasing some of their residential mortgage rates effective today, in the latest sign that the era of historically low rates could soon come to an end.

The changes affect closed mortgages with terms of three, four and five years at RBC Royal Bank and TD Canada Trust. Rates for mid-term mortgages like these tend to reflect the banks' borrowing costs on bond markets.

The biggest increase announced yesterday affects five-year mortgages. Both banks are hiking their posted rate by six-tenths of a per cent to 5.85 per cent from 5.25 per cent.

A homeowner taking on a mortgage of \$250,000 at the new rate of 5.85 per cent over a 25-year amortization period would pay \$1,577 per month. Prior to today's hike, that mortgage would have cost \$1,489 a month, or \$88 less.

THE CANADIAN PRESS

Self-employment increases

ECONOMY A new study says self-employment rose substantially during the recent economic downturn, while paid employment declined.

Statistics Canada says layoffs among paid workers might account for some of the increase in self-employment, but not all of it.

The agency reports self-employment increased by more than 100,000, or 4.3 per cent, between October 2008 and October 2009.

Meanwhile, paid em-

ployment fell by 480,000, or 3.3 per cent.

StatsCan says 28 per cent of recently laid-off paid employees came from manufacturing industries while many of the newly self-employed were in services.

THE CANADIAN PRESS



How will the Kindle fare against the iPad, its first big threat?

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Rio Tinto fires four

LEGAL Unexpectedly harsh jail sentences of seven to 14 years for four Rio Tinto employees charged with taking bribes and stealing commercial secrets could augur tougher times for foreign companies and errant executives in China's unruly business world.

Seeking to protect its business ties from what it

termed the men's "deplorable behaviour," the mining giant promptly fired all four. The court's rulings against Australian citizen Stern Hu — sentenced to 10 years — and three Chinese co-workers suggest authorities are taking a sterner stance toward foreign companies.

THE ASSOCIATED PRESS

Cars Hybrid agreement



Toyota Motor Corp. Vice President Takeshi Uchiyamada, left, and Mazda Motor Corp. Vice President Masaharu Yamaki during a joint press conference yesterday in Tokyo, Japan. The two announced that Toyota will provide its key gas-electric hybrid technology to Mazda under a licensing agreement.

Your Money

Claiming home reno tax credit

Alison OnMoney



metronews.ca/alisononmoney

As the April 30 federal tax deadline draws near, the hunt for deductions intensifies. One sweet gimme from Ottawa is the 2009 Home Renovation Tax Credit.

In order to be eligible for the credit, materials must have been paid for and work completed by the deadline. If a job straddled the deadline, whatever you paid up to Feb. 1 is claimable. However, if you have been billed by a contractor before the deadline but didn't pay until after you can still claim the amount. But deposits on work not yet begun or product not acquired, i.e. in your hands doesn't count.

Renovations to income property, whether it is a separate premises or part of the one you live in, won't qualify. Also, work can't have been done by a relative.

If your spending didn't hit the \$15,000 mark to claim the maximum grant here are a few things you might be overlooking: Permits; equipment rental; air conditioning; and even in-ground swimming pools all qualify. Some window treatments are eligible if they are considered permanent fixtures.

And don't forget materials for DIY jobs from lumber and tile to paint and nails. But if you bought tools in order to install your own toilet they, unfortunately, don't have the HRTC green light.

I expect the HRTC is going to be high on the CRA's radar. Make sure you have official proof of payment. For information go to cra-arc.gc.ca and search HRTC.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Preventing ID theft

HEATHER BUCHAN
For Metro Canada



else's name and obtain passports under someone else's name.

If any of this happens to you, you'll be left with bills, charges, bad cheques and taxes that you must prove aren't yours. Identity

theft costs the Canadian economy \$2.5-billion a year, according to the Canadian Council of Better Business Bureaus. It is essentially the unauthorized possession, trafficking, or use of someone else's personal information.

Fraudsters steal people's personal information in order to access bank accounts, transfer bank balances into their own accounts, apply for loans or credit cards under someone else's name, make purchases on someone else's card, receive government benefits under someone

thieves want following information: Your name, date of birth, Social Insurance Number, full address, mother's maiden name, and your signature as well as your driver's license number, PIN, credit card info (expiry dates and last three digits), passport number, and bank account numbers.

For more information on your privacy rights, call the Office of the Privacy Commissioner of Canada at 1-800-282-1376.

Fraud Prevention

Miami Heat forward Dorell Wright says he is "embarrassed" that explicit photos of himself have been posted on the Internet. Through the team, Wright issued an apology yesterday, saying the matter "is something I truly regret." **THE ASSOCIATED PRESS**

Sports

EDITOR: DON.MCHOULL@METRONews.CA



Roethlisberger skips workouts

Steelers quarterback Ben Roethlisberger, left, accused of assaulting a female college student in Georgia, did not report to the team's off-season workouts. Team spokesman Dave Lockett said Roethlisberger will not work out with his teammates this week. The team apparently believes it would be a distraction for Roethlisberger to be working out at this time. **THE ASSOCIATED PRESS**



Goaltender Ilya Bryzgalov of the Phoenix Coyotes is introduced before a game at Jobing.com Arena earlier this month.

Jets coming home? NHL denies report Billionaire linked to Coyotes

The NHL says it has no agreement to move the Phoenix Coyotes to Winnipeg or anywhere else if owners cannot be found to keep the team in Arizona.

Deputy commissioner Bill Daly says that the league's focus remains on keeping the team in Glendale and "based on the communications and information" the NHL is receiving, those involved continue to be highly confident that the transaction can be completed.

Daly issued the statement yesterday in response to a report in the Phoenix Business Journal that Toronto billionaire David Thomson has an agreement in principle to potentially move the franchise back to Winnipeg if a buyer to keep the team in Arizona can't be found.

The league has been in talks with Thomson and Mark Chipman, who heads the company that owns the MTS Centre in Winnipeg, Daly acknowl-

edged, "regarding their potential interest in owning an NHL franchise and potentially bringing an NHL franchise back to Winnipeg."

"It remains an intriguing possibility and one we would consider given appropriate circumstances, but there is nothing new to report on that front at this time," Daly said.

The Winnipeg Jets moved to Arizona and became the Phoenix Coyotes in 1996, and the team has never turned a profit in the desert.

The NHL bought the Coyotes in U.S. Bankruptcy Court last year after an attempt by Canadian billionaire Jim Balsillie to buy the team and force a move to Hamilton was rejected. The league has said it would look into moving the team if no local owner is found by June. Any sale that would keep the team in Arizona would require a new lease agreement with the city of Glendale.

THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Buffalo 3 Boston 2
Carolina 4 Atlanta 1
Nashville 3 Florida 2 (OT)
Minnesota 3 Los Angeles 2
Anaheim 3 Dallas 1

OVERALL STANDINGS

EASTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
z-Washington	75	49	15	11	292	214	109
dx-Pittsburgh	76	44	25	7	237	217	95
dx-Buffalo	75	42	23	10	215	189	94
x-New Jersey	74	46	25	3	203	183	93
Ottawa	76	41	30	5	205	216	87
Montreal	76	37	31	8	204	208	82
Philadelphia	76	38	32	6	221	210	82
Boston	75	34	29	12	190	189	80

WESTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
St. Louis	75	36	30	9	203	205	81
Anaheim	75	36	31	8	211	227	80
Minnesota	76	37	33	6	208	226	80
Dallas	76	33	39	14	216	238	80
Columbus	76	31	32	13	204	243	75
Edmonton	75	24	44	7	190	255	55

ATLANTA

	GP	W	L	OL	GF	GA	Pt
N.Y. Rangers	75	33	32	10	197	203	76
Carolina	76	32	35	9	210	236	73
N.Y. Islanders	75	31	34	10	196	232	72
Tampa Bay	75	30	33	12	197	237	72
Florida	75	30	33	12	195	220	72
Toronto	76	28	35	13	202	250	69

WESTERN CONFERENCE

	GP	W	L	OL	GF	GA	Pt
dx-San Jose	76	47	19	10	247	198	104
dx-Chicago	74	46	21	7	241	191	99
d-Vancouver	75	45	26	4	244	195	94
x-Phoenix	76	47	23	6	210	187	100
Nashville	77	44	27	6	214	212	94
Detroit	75	39	23	13	207	197	91
Los Angeles	75	42	27	6	218	202	90
Colorado	75	41	27	7	225	207	89

CALGARY

	GP	W	L	OL	GF	GA	Pt
St. Louis	75	36	30	9	203	205	81
Anaheim	75	36	31	8	211	227	80
Minnesota	76	37	33	6	208	226	80
Dallas	76	33	39	14	216	238	80
Columbus	76	31	32	13	204	243	75
Edmonton	75	24	44	7	190	255	55

x - clinched playoff berth; z - clinched conference; d - division leaders ranked 1-2-3 regardless of points

NBA

YESTERDAY'S RESULTS

Toronto 103 Charlotte 101
Dallas 109 Denver 93
New Jersey 90 San Antonio 84
New Orleans 108 L.A. Lakers 100
Utah 103 New York 98

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Sports in brief

SOCCER Carlos Tevez's 13-minute hat trick gave Manchester City a 3-0 victory over 10-man Wigan yesterday to stay within two points of the final Champions League place. Liverpool had beaten Sunderland 3-0 Sunday to move to fifth, but City reclaimed the position and is two points behind fourth-place Tottenham.

NBA The chief executive of the New Jersey Nets will have lunch with a fan who recently wore a brown bag over his head to protest the team's awful season. Nets CEO Brett Yormark and Chris Lisi of Middletown, N.J., will sit down for lunch today at the Nets' headquarters.

NASCAR Denny Hamlin surged to the front after a blunder and won the rain-delayed NASCAR race at Martinsville Speedway in a wild finish. The victory was Hamlin's second straight on the shortest, oldest track in the Sprint Cup Series.

BASKETBALL Centre Cole

Aldrich, who helped lead Kansas to its sixth straight Big 12 title, is headed for the NBA. The six-foot-11 junior made the announcement in a news conference yesterday. Aldrich averaged 11.3 points and 9.8 rebounds for the Jayhawks, who were the overall No. 1 seed in the NCAA tournament before they were upset by Northern Iowa.

SOCCER Arsenal says captain Cesc Fabregas could still play against Barcelona tomorrow in the Champions League quarter-finals after receiving treatment for bruising on his knee and leg. Arsenal said the Spain midfielder is "fighting to be fit" after being injured in Saturday's 1-1 draw at Birmingham.

GOLF Ernie Els has won the Arnold Palmer Invitational for his second straight victory on the PGA Tour. Stephen Ames of Calgary (75) was 30th while Mike Weir of Bright's Grove, Ont., shot a 74 to finish 40th.

METRO NEWS SERVICES

Raptors record crucial victory

NBA Their post-season hopes suddenly in jeopardy, and with their \$53 million US shooter now an unwanted distraction, the Toronto Raptors came to Charlotte angry and on the edge of implosion.

The Bobcats' meek, nervous response showed a play-off race is still new to them. Chris Bosh had 22 points and 11 rebounds, Hedo Turkoglu hit the go-ahead three-pointer a day after getting benched, and the Raptors beat the Bobcats 103-101 last night in a matchup of two of the five clubs jockeying for the final four playoff spots in the Eastern Conference.

"We needed this game," said Turkoglu, who came off the bench to score 11 points. "Chicago is right on our tail."

The Raptors (36-37) entered having lost three straight and 13 of 17, but they managed to snap Charlotte's three-game winning streak to stay in eighth place in the East, a game ahead of the idle Bulls with nine games left.

The Bobcats (38-35) stayed in seventh in the East, but surrendered the tiebreaker to Toronto and saw their lead over ninth-place Chicago fall to three games.

Turkoglu, who signed a \$53-million, five-year free-



Toronto Raptor Chris Bosh and Charlotte Bobcat D.J. Augustin, left, battle for a loose ball last night.

agent deal with the Raptors in the off-season, was a healthy scratch for the first time in seven years Sunday in Miami. It came after he was spotted out on the town Friday night — hours after he missed a home loss to Denver with what was called a stomach virus.

Coach Jay Triano, asked before the game if he was concerned if Turkoglu would accept his indefinite role as a reserve, replied, "Probably more readily than not playing at all."

Turkoglu checked in with 1:50 left in the first quarter and hit two three-pointers and a mid-range jumper in the first half, but was 0-for-3 in the second half before his three put Toronto ahead for good. **THE CANADIAN PRESS**

Hitmen through to next round with Game 7 win

WHL Jimmy Bubnick and Cody Sylvester each scored twice as the Calgary Hitmen advanced to the second round of the Western Hockey League playoffs with a 6-2 win in Game 7 of their series with the Moose Jaw Warriors last night.

Brandon Kozun added a goal and two assists for the regular-season champion Hitmen, who rebounded from a 3-1 deficit to take the best-of-seven Eastern Conference quarter-final series 4-3. Tyler Shattock had a goal and an assist, while Michael Stone and

Cody Beach each chipped in with a pair of helpers.

Jason Bast and Dylan Hood scored for the Warriors, who won the first two games of the series and held a 3-1 advantage before the Hitmen reeled off three straight victories.

Calgary goaltender Martin Jones made 25 stops, while Moose Jaw's Jeff Bosch stopped 28 shots at the other end.

The Hitmen move on to face the Medicine Hat Tigers in the second round, with Game 1 set for Friday night in Calgary.

THE CANADIAN PRESS

Buy a daffodil and make a difference

This week marks the launch of Daffodil Month, when volunteers from the Canadian Cancer Society start going door-to-door selling daffodils to raise money to eradicate cancer and enhance the quality of life for people living with the disease. cancer.ca. **METRO NEWS SERVICES**



Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Blossoming beauty

JANINE FALCON
for Metro Canada

With glowing skin, flushed cheeks, airy scents and lush, look-at-me lips, this spring's beauty offering is no wallflower.

VICHY LABORATOIRES ESSENTIELLES FACIAL CLEANSER, and **WELEDA WILD ROSE DAY CREAM** puts the bloom in your complexion with soothing rose extracts and nourishing rose-hip oil respectively. \$12, drug stores, and \$29.49, well.ca.



MAC GIVE ME LIBERTY BEAUTY POWDER and **EYE SHADOW** are part of an exuberant, colourful limited collaboration with boho-chic Brit label Liberty of London. \$30 and \$17.50 respectively, MAC stores and maccosmetics.com.



GUERLAIN OMBRES PERLÉES NO. 409 is a worth-waiting-for silky shadow quad; it hits counters at the end of this month. \$64, Guerlain boutiques, The Bay, Sephora and Murale.



ANNA SUI NAIL COLOUR puts flowers at your fingertips with shiny lacquer in her signature floral bottle. \$15, Sears.



ELIZABETH ARDEN CERAMIDES PLUMP PERFECT LIPSTICK in **PERFECT TULIP** is a sweetly charming, youthful red for all ages. \$28, drug and department stores.



QUO JUMBO LIP-GLOSS PENCIL in **PINK PETAL** makes colouring inside the lip lines girly fun. \$12 at Shoppers Drug Mart.



DAISY GARLAND EDITION evokes fresh air and blue skies with the original's scented heart of gardenia, violet and jasmine in a limited-edition bottle, and bonus paper-daisy garland. \$75, drug and department stores.



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PHYSICIANS FORMULA BAMBOO WEAR refillable powder compact and brush is beautifully eco-responsible in sturdy, sustainable bamboo printed with soy-based ink; the brush is chem-free goat hair with a bamboo handle. \$9.79, drugstores.



PHOTOS.COM

Makeup and making out

The J Spot

Josey Vogels

metronews.ca/thejspot

Makeup has been around ever since an early ancestor fell out of the trees and decided clay streaks would be "in" that season. Or as early as 3,000 BCE, if you're fussy about dates.

Throughout history, makeup was a signifier of wealth and status. For example, early aristocrats powdered their faces so their paleness would distinguish them from their sun-weathered, field-working subjects. Predictably, once the poor folk got herded from the fields into the factories, sun tanning became de rigueur.

Wearing makeup is also sexual. According to the book *Sexual Secrets: The Alchemy of Ecstasy*, "cosmetics and ornaments have played a major part in sexual ritual." As part of ancient Tantric practices, "the application of coloured cosmetics to various body parts stimulated and concentrates energy there."

In all cultures, the book adds, cosmetics help make the beautiful look exquisite and the ordinary special.

Makeup has also been used historically to indicate sexual availability. In ancient Rome, for example, prostitutes painted

their mouths red to indicate that oral sex was on their "will-do" list.

And, in the book *The Secrets of Sexual Body Language* it states that "makeup mimics the changes that take place in your body when you become sexually aroused. When you're excited, your pupils enlarge — making your eyes look darker and bigger — your cheeks flush and the lips swell and darken."

Perfume's all about sex, too. When we have sex, the body sweats and releases a musky odour. That's why most perfumes are derived from animal scents. You might say it brings out the beast in us. The women of ancient Egypt and Rome knew this.

"In all cultures ... cosmetics help make the beautiful look exquisite and the ordinary special."

"Perfume was used in their hair and on their clothing and furnishings, as well as in baths," the *Body Language* book tells us. Even as far back as 4,000 BCE, wealthy women were using perfumed oils to anoint their bodies.

And jewellery? Next time you're having sex, watch your partner's earlobes swell. In some parts of Africa, long earlobes are seen as the ultimate standard of beauty, and a girl's earlobes are punctured and stretched systematically to increase desirability.

Back in mid-17th-century Europe, those funny neck ruffles were worn to emphasize a woman's neck. Apparently, some of these collars were so large, it made it almost impossible for her to eat.

It's amazing the lengths we'll go to get some action.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Cake Milk Made Shower Cream (\$22) is like cleaning yourself with the most delicious vanilla milkshake you've ever tasted except without any of the sticky mess. It's also free of parabens and synthetic dyes. Available at Sephora, The Bay and cakebeauty.com. **METRO NEWS SERVICES**

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Breasts are the best for baby

CELIA MILNE
for Metro Canada

If you are breastfeeding or planning to breastfeed, hang in there. A Toronto-based study has found that new moms don't breastfeed as long as they should for the optimal health of their babies.

"The goal is exclusive breastfeeding to six months because we know that confers the greatest health benefit for babies and mothers," says Olga Jovkovic, a registered nurse and manager for Toronto Public Health's Healthy Families program.



Breastfeeding your new baby exclusively until they are at least six months old is recommended.

But the study, which surveyed 1,518 first-time moms, found that only 17.5 per cent stuck to that goal. Cracked nipples, painful over-swollen breasts and thinking that the baby isn't getting enough milk can derail the efforts.

Breastfeeding is so healthy for babies. It reduces their risk for ear infections, gastrointestinal problems and colds.

It's also somewhat protective against being overweight and developing diabetes later in life.

For moms there are benefits too. It reduces the risk of certain cancers such as ovarian and breast cancer, and also the risk for developing diabetes.

It is recommended by the Registered Nurses' Association of Ontario and all levels of government in Canada, based on medical evidence, that women continue to breastfeed their babies, at least part-time, for at least two years.

The vast majority of women do initiate breastfeeding — 96 per cent, according to the Toronto study.

Most (73 per cent) continued at least some amount of breastfeeding for the next six months. This statistic is much lower in other parts of Ontario, where only about half of moms continued for six months.

Many women worry they don't have enough breast-

"Breastfeeding is so healthy for babies. It reduces their risk for ear infections, gastrointestinal problems and colds ... for moms there are benefits too. It reduces the risk of certain cancers such as ovarian and breast cancer."

milk, and start supplementing with formula.

"Most women do in fact have enough milk. They just don't recognize the signs that their baby is getting enough," says Jovkovic.

Breastmilk is digested more easily than any other foods, so babies may wake up more frequently, but this doesn't mean they're not getting enough nutrition.

In fact, waking up — though tiring for the parents — is a good thing because it's protective against sudden infant death syndrome, says Jovkovic.

To gauge whether the baby is getting enough nutrition through breastmilk, nurses check how often the baby urinates, whether they seem satisfied after they feed, and whether they're active and alert when they're awake.

In every community, women can reach out for help from public health nurses, lactation consultants, midwives, clinics, and the Laleche league.

From research, experts know when problems such as cracked nipples and painful swollen breasts are most likely to arise, and can educate moms about how to solve them.

Often, it's a question of modifying position and latch, says Jovkovic.

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ADVERTISING FEATURE

Revolutionary Probiotic Gum Makes your Mouth a Healthier Place Promises Renowned Microbiologist

We have all heard that the eyes are the windows of the soul. Now a probiotic research scientist from New Zealand is telling us that our mouths are the front door to a lifetime of good health.

"Probiotics are friendly, health-promoting bacteria," says Professor John Tagg, a world-renowned microbiologist at the University of Otago in New Zealand. "Everyone knows about the importance of probiotics for the digestive tract. But for good oral health and overall immunity, we also need oral probiotics that are specific to our mouths."

He should know! When Professor Tagg was a boy of 12, he suffered from a strep throat infection that led to an attack of rheumatic fever, a serious condition that can cause permanent heart damage. Consequently, he was on antibiotic drugs for 10 long years. This personal experience inspired him to devote his life to finding friendly probiotic bacteria that prevent strep throat and other infections that enter through the mouth. After many, many years of dedicated research, he discovered BLIS!

BLIS, which stands for Bacteriocin-Like-Inhibitory-Substance is an advanced oral probiotic. BLIS K12 is a naturally occurring component of the *S. salivarius* probiotic strain.

"My published research studies show that BLIS K12 controls the undesirable and disease-causing bacteria that cause bad breath, strep throat, thrush, and ear and upper respiratory infections" explains Professor Tagg.



Professor John Tagg

"BLIS K12 probiotic bacteria also promote general oral health and help prevent tooth decay and gum disease." Professor Tagg's BLIS K12 probiotic is now available in Canada as **CulturedCare Probiotic Gum** with BLIS K12. It is made in Canada by **Prairie Naturals**, an established, family-owned nutritional supplement company in BC.

"Gum is an ideal way to 'seed' BLIS K12 probiotic throughout the mouth and throat where it will begin to colonize and grow. Chewing just one piece of CulturedCare Probiotic Gum daily provides protection for teeth, gums, throat and ears," says Professor Tagg.

Made with proprietary cold-pressed technology, CulturedCare Probiotic Gum with BLIS K12 contains the therapeutic dosage determined by Professor Tagg's research. Its potency and purity are confirmed through independent testing in government licensed laboratories in Canada, New Zealand and the US.

"May the BLIS be with you!" This has become the mantra of the professor who discovered the powerful effects of BLIS K12 - a revolutionary probiotic.

For more information about Professor Tagg and CulturedCare Probiotic Gum with BLIS K12, please visit: www.culturedcare.com



CulturedCare Probiotic Gum with BLIS K12 is available at fine natural health product stores and pharmacies:

Community Natural Foods 10th Ave (403) 229-2383 Chinook (403) 541-0606	Bowness Health Foods (403) 288-4331	Cambrian Pharmacy (403) 289-9181	Morning Sun Health Westbrook (403) 246-8133 Glenmore Landing (403) 253-9633 Shawnessy (403) 254-6966 Market Mall (403) 286-5655	Nature's Food and Spice (403) 248-7300	Planet Organic Elbow Drive (403) 252-2404 Varsity Drive (403) 288-6700	The Vitamin Farm (403) 237-5630	Willow Park Vitamins (403) 271-6944
Amaranth Whole Foods Market (403) 547-6333	Brentwood Health Foods (403) 284-3430	Health for Life (403) 228-2626	Northland (403) 289-0014 Deer Foot (403) 780-8582 Sunridge (403) 293-9445 Signal Hill (403) 217-3304	Nutrition Hse North Hill (403) 220-1210 South Centre (403) 278-7315 Market Mall (403) 247-6540	Sincere Health (403) 295-1375	Vitamins First (403) 242-1777	
Blush Lane Organic Produce (403) 210-1247	Bridges Natural Foods (403) 627-3767	Healing Alternatives (403) 253-9652			Sunshine Health Foods (403) 253-2711	Nurture Health & Wellness (403) 240-0119	

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Food

EDITOR: ANN-MARIE.COLACINO@METRONETNEWS.CA

An Easter lunch

ELISABETH BRAW
Metro World News

Marcus Samuelsson, the executive chef at New York's famous Aquavit restaurant, cooked President Obama's first state dinner.

But for Easter, even the most culinary-challenged person can cook a delicious lunch. Samuelsson, who was born in Ethiopia and raised in Sweden, tells Metro's readers how to make a delicious Easter meal with a new twist.



This lamb dish is celebrity chef Marcus Samuelsson's idea for a perfect Easter lunch.

Miso-Rubbed Rack of Lamb with Broccoli Rabe Red Curry

SERVES 4

Lamb

INGREDIENTS:

- 2 Tbsp dark miso
- 1 Tbsp Spiced Butter or unsalted butter
- 1 Tbsp mild chili powder
- 1 large egg yolk
- 1 Tbsp chopped sage
- 2 Tbsp olive oil
- 2 frenched racks of lamb (1½ pounds each)
- Salt and freshly ground black pepper
- ¼ cup panko bread crumbs

METHOD:

1. Preheat oven to 400°F.
2. Combine the miso, butter, chili powder, egg yolk, and sage in a small bowl. Set aside.

3. Heat the olive oil in a large sauté pan. Season the lamb with salt and pepper. Add the lamb to the pan and sear until browned, 2 to 3 minutes on each side. Let cool slightly, then smear the miso-butter mixture over both sides of the lamb. Firmly press the panko into the miso-butter mixture on the rounded side of each rack.

4. Place the racks, rounded fat sides up, in a roasting pan. Roast until an instant-read thermometer inserted into the center of the rack reads 125°F, 15 to 20 minutes.

5. Transfer the lamb to a cutting board and let rest for 5 minutes. Serve with the broccoli rabe red curry.

Broccoli Rabe Red Curry

INGREDIENTS:

- 2 cups broccoli rabe (about ½ bunch)
- 5 Tbsp olive oil

- 2 teaspoons black mustard seeds
- 1 teaspoon ground cumin
- 1 teaspoon coriander seeds
- 1 red onion, chopped
- 4 sliced garlic cloves
- Juice of 2 limes
- 2 kaffir lime leaves
- 2 curry leaves
- 1 2-inch piece ginger, peeled and finely chopped
- 2 Tbsp red curry paste
- ½ cup coconut milk
- 2 small Yukon Gold potatoes, peeled and cut into ½-inch cubes
- 2 Tbsp chopped blanched almonds
- 2 Tbsp of yogurt
- 1 Tbsp chopped cilantro
- Salt

METHOD:

1. Bring a large pot of salted water to a boil. Add the broccoli rabe and simmer for 30 seconds. Strain and rinse with cold water. Pat dry.

2. Heat 2 tablespoons of the olive oil in a large pot over medium heat. Add the

mustard seeds, cumin, coriander seeds, onion, garlic, lime juice, lime leaves, curry leaves, ginger, and curry paste and sauté until fragrant, about 3 minutes. Add the coconut milk and 2 cups water. Bring to a simmer and cook for 15 minutes.

3. While the liquid is simmering, heat the remaining 3 tablespoons olive oil in a large sauté pan over high heat. Add the potatoes and sauté for 3 to 4 minutes. Reduce the heat to medium and add the almonds. Cook with the potatoes until golden brown, 4 to 5 minutes. Remove from the heat and set aside.

4. Stir the broccoli rabe and potato mixture into the simmering liquid and heat through. Stir in the yogurt and garnish with the cilantro. Season with salt.

RECIPE COURTESY OF
MARCUS SAMUELSSON, NEW
AMERICAN TABLE
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A sweet feast!

Not your traditional Easter desserts

Easter Tiramisu

Most people are familiar with the classic tiramisu, an Italian espresso-mascarpone layered dessert. This version borrows the concept of a layered mascarpone cream and ladyfinger dessert, but adapts it with spring and Easter in mind.

MAKES 12 SERVINGS

INGREDIENTS:

Syrup

- 125 ml (1/2 cup) sugar
- 50 ml (1/4 cup) limoncello liqueur
- 50 ml (1/4 cup) lemon juice

Mascarpone Cream

- 5 egg yolks
- 125 ml (1/2 cup) sugar
- 50 ml (1/4 cup) elderflower liqueur
- 50 ml (1/4 cup) limoncello liqueur
- 2 tubs (each 500 g/16 oz) mascarpone cheese
- 2 pkgs (each 85 g/3 oz) ladyfingers
- 2 containers (each 170 g/6 oz) raspberries

To garnish, if desired:

- Organic edible flowers, such as pansies, roses or marigolds
- 1 egg white
- 5 ml (1 tsp) water
- Sugar

METHOD:

Syrup: In a small saucepan over medium, combine sugar, limoncello and lemon juice. Heat until simmering and sugar is dissolved. Set aside to cool.

Mascarpone cream: In a medium stainless-steel bowl, whisk together egg yolks, sugar and both liqueurs. Set aside.

Bring a medium saucepan with 1 cm (1/2 inch) of water to a simmer. Place bowl of egg mixture over pan. The bowl should rest over the water without touching it. Whisk yolk mixture continuously until thickened, lightened in colour and hot to the touch, about 10 minutes.

In the bowl of a stand mixer, combine mascarpone cheese and yolk mixture. Beat together on medium-low until thoroughly mixed. Increase speed to medium, then beat for 30 seconds. It should be thickened and hold peaks.

In a 2-l (8-by-11-inch) pan, arrange a layer of ladyfingers over bottom. The number that will fit will depend

on the size of the ladyfingers. Sprinkle evenly with syrup. You should use half the syrup. Spread half of the mascarpone cream over top of ladyfingers.

Evenly distribute 1 package of the raspberries over cream, gently pressing them in. Arrange a second layer of ladyfingers, drizzle with remaining syrup, then top with remaining mascarpone cream and raspberries. Refrigerate for at least 4 hours or overnight before serving.

To make sugared flowers, you can choose to use small flowers whole or pull the petals off larger flowers. Beat egg white and water together until bubbly. Using a



Easter Bark is a colourful, no-bake festive treat you can have fun making with the kids.

small clean paintbrush (be sure it's never been used for paint) paint flowers or petals lightly with the egg white mixture, then sprinkle with sugar. Set aside on

a wire rack to dry. Sprinkle over top of tiramisu before serving.

chocolate eggs)

METHOD:

In a large zip-close plastic bag, combine coconut and a few drops of green food colouring. Close bag and shake until coconut is evenly green. Set aside.

Line a rimmed baking sheet with waxed or parchment paper. One at a time, place each colour of candy coating chocolate in a microwave-safe bowl and heat on high in 30-second bursts, stirring between, until melted and smooth.

Spoon melted chocolate onto prepared baking sheet in a random pattern. Use a small spoon to swirl colours together.

Let cool for 5 minutes, then top with jelly beans, sprinkles, other candies and green coconut as desired. Set aside to harden completely, 20 to 30 minutes, then break into chunks.

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Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Lamb's match

W e never ate lamb when I was a kid. My mother just didn't have the heart to cook anything that looked so cute. Don't tell mom, but as an adult I've more than made up for my years of eating abstinence and am sure to see a leg (maybe even a rack) at a meal or two over the up-coming holiday weekend.

Unlike other headline holi-

days (where turkey is king) Easter's association with lamb makes for an interesting change of pace on your plate and a wine lover's dream date because the meat is open to just about any liquid match. While a red from France's Bordeaux region or the Rioja in Spain are textbook pairings; a red with a touch of spice like Trapiche's 2007 Broquel Malbec (\$15.95 - \$16.49) from Argentina is a hip alternative.

If not lamb, you may be having ham this Sunday. Depending on the cooking style, your bottle will wind up battling either saltiness or sweetness. A fruity Frenchman from Beaujolais makes for a nice marriage, as would a red made with pinot noir. Go New Zealand and Kim Crawford's 2008 Pinot Noir (\$19.95 - \$24.99) — a consistent winner that oozes strawberry goodness.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

How food contributes to global warming

BOOK Want to save the planet? Check what's at the end of your fork.

From production to consumption to waste, the world's food system accounts for a hefty slice — about 33 per cent — of what's heating up the planet, says Anna Lappé in her book, *Diet for a Hot Planet*, to be published April 10. She argues that we need to radically change how food is produced and what we eat.

Lappé is co-founder of the Small Planet Institute, a nonprofit research network, and was named one of Time magazine's "Eco Who's Who."

Lappé, 36, who lives in Brooklyn, N.Y., talked to the Toronto Star about some of her findings.

Q You say one-third of the planet's warming comes from the global food chain. So many numbers

are banded about. What's this based on?

A That number is from data from groups such as the United Nations Food and Agriculture Organization and the Pew Center on Climate Change, among others. It comes as a surprise to a lot of people. Only last year did the media, at least in the U.S., talk about the connection between food and climate change.

Q Why is that?

A Talking about food and climate change requires thinking of food as a system. A lot of us go to the grocery store and don't think about the story behind the food on the shelf. Also, focus has been on the main sectors contributing carbon dioxide, the most significant



Author Anna Lappé.

greenhouse gas.

Q The biggest single offender is livestock production, accounting for 18 per cent of global warming. Why is that?

A It's not the cow's fault. It's the deliberate choices made by the food industry and livestock producers to turn to highly wasteful and highly energy-intensive factory farm systems.

TORSTAR NEWS SERVICE

Celebs campaign against slavery

Demi Moore and Ashton Kutcher have launched a new campaign against child slavery in earthquake-ravaged Haiti to put a stop to the unethical practice. The pair has teamed up to voice their concerns over the country's "restavec" system. **FEMALEFIRST.CO.UK**

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Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

**Foxx on Fox**

Almost 20 years after his breakout role on *In Living Color*, Jamie Foxx may be headed back to Fox for another sketch-comedy show, according to *The Hollywood Reporter*. **TVGUIDE.COM**

Idol running on empty

Despite strong ratings, Cowell departure could signal end of reality show

TheAudioFiles

Bryan Borzykowski

metronews.ca/music



When American Idol debuted in 2002, I will admit I was excited. Getting a bunch of unknown, untrained singers to perform for Simon Cowell, the surly British producer, was an intriguing concept — and when they showed the terrible audition tapes, I was hooked.

I wasn't sure what to make of a show that would create a superstar out of nothing, but when Kelly Clarkson won — far and away the best singer on season one, and maybe the best voice to ever grace the program — I was shocked.

Well, that was eight years ago and a lot has changed. After the 10 contestants left on this season get whittled down to one, Cowell's taking off to host the U.S. version of *The X Factor*, the hit British TV singing competition, Ellen DeGeneres remains the new Paula Abdul without the endearing loopiness, and the show's fans lost their ability to pick a winner a long time ago.

Idol, according to Fox, is staying on the air, but what they should really do is take a big red marker to

their master programming schedule and cut the program out. They'll never do that — it still draws around 20 million viewers a night, though that's down significantly from the first few seasons (about 50 million watched the season one finale) — but these days it's not adding much value to the lives of music fans.

The biggest disappoint-

n't always win. Take last year — flamboyant rocker Adam Lambert was a shoo-in, but the forgettable Kris Allen took the Idol title.

For every Carrie Underwood, there's a Ruben Studdard; at least a few of the singers who do have talent but don't win — like Jennifer Hudson — have still found successful careers. If the show enter-

tains people, makes the network money and still produces a few big hits every couple seasons what's the big deal, right?

Well, it feels like the talent is getting thinner and thinner. This season I only like Crystal Bowersox, a guitar-slinging Janis Joplin-meets-Tracey Chapman character. The rest likely won't make a real mark once their Idol run ends. The quality of music put out by former Idol contestants is nothing to write home about either — be-

sides Clarkson's 2004 disc *Breakaway*, with *Since U Been Gone* on it, the offerings mostly add more noise to an already packed pop field.

Plus, there are other ways to discover new stars. MySpace and YouTube have generated a few big names. It might be time to make stars the old fashioned way again — through hard work and good music.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic



Paula Abdul, right, quit American Idol last season and Simon Cowell, above, won't be back after this one.



ment has been its inability to create stars. Every season thousands of people try out for the show, so you'd think there would be at least a few more Clarksons out there. In reality, there's usually one standout, and that person does-

Fans pick MTV Award nominees

MOVIES Film fans will choose the nominees and winners of the 2010 MTV Movie Awards.

Viewers of the irreverent awards show can log on to movieawards.mtv.com and submit their choice nominees in 13 categories. Submissions will be accepted until April 9.

Any 2009 film or performance is eligible for consideration in categories including best villain, best fight and best kiss.

Last year's new category, best WTF moment, is returning for the 2010 awards. Other categories include best performance, best breakout star and best movie.

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CBC

Blossom star Mayim Bialik has landed a possibly recurring role on The Big Bang Theory, Entertainment Weekly reports. The 34-year-old actress will play Victoria, a potential love interest for romantically apathetic Sheldon. TVGUIDE.COM

Entertainment in brief

LAW SUIT A former employee of Paul McCartney's ex-wife Heather Mills is suing her for sex discrimination. Sara Trumble wants compensation after allegedly being unfairly fired from her job as a nanny after she became pregnant.

PROJECT RUNWAY Jessica Alba is bringing her fashion sense to Project Runway. Lifetime spokeswoman Kannie Yu LaPack says Alba will serve as a guest judge on Thursday's episode of the popular clothing-design show.

THE ASSOCIATED PRESS

Living through the Pacific

Dr. Sidney Phillips has become the voice of the men of The Pacific, HBO's Second World War miniseries.

He's the survivor among

the drama's four central figures, with the others claimed by the war or the decades that followed.

The 85-year-old physician has shouldered the task of spokesman with grace and good humour, fielding media interviews and, at the request of The Associated Press, online queries from viewers about his combat experience and life afterward.

Phillips, who was 17 when he enlisted in the Marines the day after the Dec. 7, 1941, Japanese attack on Pearl Harbor, endured four months of brutal fighting on Guadalcanal and joined in the invasion of another Pacific theatre island, New Britain.

He returned to Mobile, Ala., where he raised three children with his wife, Mary, who died in 2000.

The Pacific, with actor Ashton Holmes as the young Pte. first class Phillips, debuted March 14 and airs new episodes at 9 p.m. Sunday through May 16.

Q What is your best memory of that chapter of your life, and what is your worst?

A There was so much comedy, there was so much joking, there was so much insulting one another; Marines never said anything nice to one another. ... I still don't know if the public understands that foolishness and nonsense were very important. I think men hid behind that, rather than to say, "I'm scared to death."

I really think the worst



Second World War veteran Dr. Sidney Phillips, who is portrayed in the HBO series The Pacific, says he hopes the show will revive patriotism and teach history to young people.

memory were the living conditions — the standing in line for two tablespoons of beans and a tablespoon of corned beef for four hours on a troop ship. ... There were two meals a day, and that went on for weeks and weeks and weeks. Then, when we got ashore, we had a whole regiment, which is 3,500 men, with dysentery, diarrhea and no toilet paper. If there hadn't been an ocean there, we would have been in serious trouble.

Q If such a devastating attack like Pearl Harbor were to happen today, could our young people rise up to the challenge as your generation did?

A I believe they would. I certainly hope they would. People ask me frequently what do I think about the series in general, The Pacific, and I say I hope it

will revive patriotism and bring back teaching history to the young people, and what a wonderful country it is and how much blood it has taken to bring us to where we are.

Q How do you see the United States' involvement in the Iraq and Afghanistan wars and President Obama's long-term plan to end it?

A Today, the war seems to be conducted by the politicians. I think they need to turn the war back over to the military.

Q What helped keep you going and on mission throughout the war?

A There's a number of answers you could give, but the one that is foremost in my mind is your trust in one another, support of one another, your dependence upon one another. **THE ASSOCIATED PRESS**

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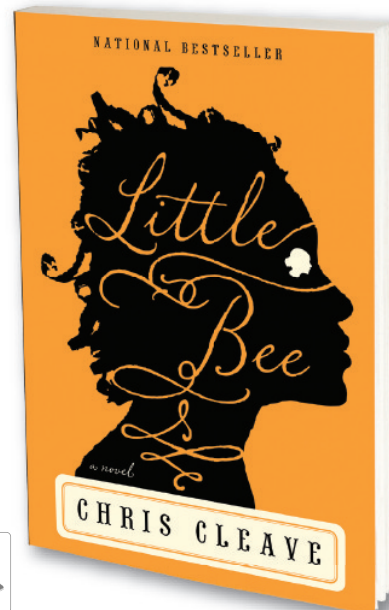
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ANCHOR CANADA



Freakonomics doc closing Tribeca

Freakonomics, a documentary based on the best-selling nonfiction book, will close the Tribeca Film Festival. The movie is based on the 2005 book by Steven Levitt and Stephen Dubner. **METRO NEWS SERVICES**

Usher brings honesty

With more than 40 million records sold worldwide, R&B star Usher figures he has a pretty good idea what his audience wants.

His unique "brand," he says, is honesty.

So following the somewhat disappointing commercial returns hauled in by 2008's *Here I Stand*, the 31-year-old decided to go back to the basics and deliver the raw, candid intimacy that he thinks fans want on *Raymond v. Raymond*, which drops today.

That meant delving into his 2009 divorce from Tameka Foster and showcasing a side of himself that he doesn't think fans have seen before.

"I had to reflect on the last two, three years of my life," Usher told *The Canadian Press* over the line from his Atlanta home.

"Having fallen in love — (I) had some of the greatest experiences in life and love — and then coming to a divorce, obviously, would play a great deal in understanding myself. And a lot of the stories that I speak of on this album come out of personal experiences.

"(My fans) want honesty, they want to feel like they've been connected to your experience ... and *Raymond v. Raymond* is that. I feel like I'm my own worst enemy and my greatest supporter at the same time. And I'm not hiding behind an alter ego of any sort, but really dealing with me."

And if his previous sales



Usher's new album *Raymond v. Raymond* is out today.

"(My fans) want honesty, they want to feel like they've been connected to your experience ... and *Raymond v. Raymond* is that."

Usher

are a reliable indicator, Usher would certainly seem to have his audience figured out.

Usher (nee Usher Raymond) has been a pop star since he released his debut album at the tender age of 15, when his baby-faced good looks, smooth dance moves and fluid tenor earned comparisons to Michael Jackson that have persisted over the course of his blessed career.

While he sold millions of copies of his first three albums, he shimmied past the threshold into superstardom with 2004's massively successful *Confessions*.

By 2008, when *Here I Stand* came out, Usher was living a different life. There, he revelled in the joys of family and fatherhood on a record that, while candid, didn't sell like its predecessor.

Raymond v. Raymond, then, finds him returning closer to the formula that made *Confessions* such a hit. He alternates between mourning and dissecting his failed marriage to bawdy celebrations of the joys of the wild bachelor life, often veering into — as he puts it — "risque" material.

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16 entertainment

Fight over Farrah

Trustee, producer battling over actress' estate

A producer being sued by Farrah Fawcett's estate has fired back in a court filing by claiming the late actress' money is being mishandled.

The trustee of Fawcett's estate has withheld money from some of the actress' beneficiaries, including her father, according to a filing by producer Craig Nevius. The document filed last week in Santa Monica is in response to a lawsuit filed by a Fawcett's estate against him in January.

Nevius, a one-time Fawcett confidante, also claims the lawsuit against him filed by trustee Richard B. Francis is a misuse of the actress' money.

The filing takes numerous swipes at Fawcett's longtime companion, actor Ryan O'Neal, and friend Alana Stewart. Both were constant figures in Fawcett's final months and worked on the documentary *Farrah's Story*, which aired on NBC.

Nevius sued O'Neal, Stewart and Francis over the documentary last year, claiming it didn't adhere to Fawcett's wishes and improperly cut him out of the process. His recent filing repeats an allegation that O'Neal threatened him in a phone conversation.

The filing claims Stewart misused her relationship with Fawcett to sell a

book.

"I've read Mr. Nevius' response to our complaint which I think contains spurious and outrageous allegations," said Howard Weitzman, who represents Fawcett's estate and O'Neal, Stewart and Francis. "I'm confident the truth will all come out during the course of the litigation."

Attorneys for Fawcett's estate claimed in their lawsuit that Nevius botched a first edit of the documentary and "embezzled hundreds of thousands of dollars" from the actress' company. Nevius first teamed up with the former Charlie's Angels star on a reality television series called *Chasing Farrah* and later teamed up in a business that produced the NBC documentary.

Nevius is not seeking any money from Fawcett's estate, his court filing states.

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entertainment 17

DVD picks

Sherlock Holmes

Directors: Guy Ritchie

WHEN YOU REALLY THINK about it, it's elementary that Robert Downey Jr. would make a great Sherlock Holmes.

In life and in art, he's taken the path of the cerebral risk-taker. Given a chance to sample a new substance or portray an unusual character — he's done everyone from Chaplin to Iron Man — he jumps in with both feet.

Those familiar with the Holmes canon know the 19th-century sage was quite a physical man (although maybe not the bare-chested brawler Downey portrays), who also liked to partake of festive pharmaceuticals.

We can live without the deerstalker cap, as Downey does.

Also cheering is the choice of Jude Law as Dr. Watson, Holmes' sidekick, who retains the discipline and the loyalty of his literary counterpart.

But skullduggery is afoot in other areas. Regrettably, director Guy Ritchie and



Rachel McAdams, as Holmes' putative love interest Irene Adler. It's possible that some earlier version of the script actually gave her something to do, but little of this made the final cut.

Then there's the story, which is entirely titled towards an intended sequel and extended franchise.

The picture is top-heavy with cheap CGI, with things forever vanishing, being shot into the air or simply exploding along with Hans Zimmer's ponderous score, none of it terribly dazzling.

Still, it's good enough to just sit back and enjoy Downey and Law plays Holmes and Watson as Victorian versions of Butch Cassidy and the Sundance Kid.

Extras vary according to edition, but the Blu-ray offers the greatest bounty for Holmesphiles, with various making-off features. Of greatest interest and novelty is the Maximum Movie Mode commentary in which Ritchie literally walks us through the film.

Peter Howell/for Metro Canada

his screenwriting committee (bad sign, that) have completely lost the plot beyond their golden pairing of Downey and Law. It's as if they simply downed tools, having satisfied themselves with excellent leads.

A great hero needs a great villain, and there isn't one to be found in Mark Strong's Lord Blackwood, a satanic troublemaker in greasy London town who is more bureaucrat than Beelzebub. He's among the most tedious and least-threatening bad-die to darken a screen in many a moon.

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FURTHER YOUR PASSION



Fonz handed keys to Winnipeg

HONOUR His hair is now the distinguished grey of an older man and there's no sign of the signature duck tail hair style he sported on the television sitcom Happy Days. But the actor best known for making The Fonz a cultural institution can still draw a crowd of awed fans. Henry Winkler, 64, received the key to the City of Winnipeg during an appearance at a Winnipeg auto show on Sunday where he was signing autographs.

THE CANADIAN PRESS

In brief

ON SET Thousands of people turned out in Maui for a chance to appear in the Adam Sandler-Jennifer Aniston movie Just Go With It. More than 3,000 people showed up Saturday to apply to be extras. **THE ASSOCIATED PRESS**

Kenya's Style

Kenya Hunt

Exclusively at

metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:

metronews.ca/movies

CA	Vu SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/30/10	267 351 - ACCESS	Alberta Primetime (Live)		(8:02) V (HDTV) (N)		Dancing With the Stars		The Middle (N)	Old Christine	Primetime
	243 317 3 CFCN	Lost "The Package" (N)		Law & Order: Special Victims		American Idol (HDTV) The 10 finalists compete.				CTV News
	- - 4 OMNI	King/Queens	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	Two/Half Men	Metrolia
	- 371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Dancing With the Stars		Lost "The Package" (N)		(11:02) V (N)
	245 306 6 CBRT	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Laughs	(HDTV)	CBC News: The National		The Hour
	244 338 7 CICT	ET Canada	Entertainment	The Good Wife "Infamy"		NCIS "Endgame" (HDTV)		NCIS: Los Angeles		News Hour
	246 - 8 CKAL	Law & Order: Special Victims		Parenthood (HDTV) (N)		The Biggest Loser Eliminated contestants return. (N)				EP Daily
	119 705 9 CBFT	Virginie (SC)	La Factice	Beautés désespérées (SC)		Musée Eden (N) (SC)		Le Téléjournal Nouvelles. (SC)		TJ Alberta
	- - 10 SHAW	(6) Local Programming						Local Programming		
	- 372 12 KREM	News	Access H.	The Doctors		NCIS "Endgame" (HDTV)		NCIS: Los Angeles		The Good Wife
primetime	- 374 14 KSPS	PBS NewsHour (N)		NOVA (HDTV) (DVS)		Hawaiian Monk Seals		Frontline (N) (DVS)		Independent
	502 390 15 CBC	CBC News: The National		CBC News: the fifth estate		CBC News: The National		CBC News: The National		fifth estate
	- 370 16 KHQ	News (N)	Millionaire	Jeopardy! (N)	Wheel Fortune	The Biggest Loser Eliminated contestants return. (N)				Parenthood (N)
	- 373 22 KAYU	The Office	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV) The 10 finalists compete.				News
	297 652 37 WPX	Melrose Place (N)		PIX News at Ten Tong.		Two/Half Men	Friends	Friends	According-Jim	Family Guy
	500 500 29 CNN	Larry King Live (N)		Anderson Cooper 360 (Part 2 of 5) (N)		Showbiz Tonight		Larry King Live		Cooper 360
	508 502 31 CNN2	The Joy Behar Show		Nancy Grace				The Joy Behar Show		Nancy Grace
	400 402 21 TSN	NHL Hockey: Blackhawks at Blues			SportsCentre (HDTV) (Live)			2010 Powerade Jam Fest		
	408 418 27 net	NHL Hockey		Sportsnet Con.	UEFA Champ.	Hockey Central	Flames Week	Sportsnet Connected (N)		UEFA Soccer
	410 403 30 SCORE	(6) Court Surfing NBA news, scores and highlights.				Score Now		Score Now		Score Now
sports	411 457 44 OLN	Oper. Repo.	Oper. Repo	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters
	417 406 48 SPEED	Monster Jam (HDTV) (N)		Dangerous Drives (HDTV)		Pass Time	NASCAR Hub	Race in 60 (HDTV)		Monster Jam
	552 543 20 YTV	iCarly	To Be Indie	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
	557 541 39 FAM	Zoeey 101	Zoeey 101	Han. Montana	Suite Life	Sonny Chanda	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	555 545 67 TOON	Jimmy Two	Johnny Test	Johnny Test	Total Drama	6TEEN		Futurama	King of the Hill	American Dad
	575 583 11 CMT	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba
	553 546 17 TREE	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan	Go, Diego, Go!
	505 398 19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602 568 23 W	House-Sell	House-Sell	Supernanny		Style by Jury	My First Home	Beauty	Style by Jury	Look Good
	521 560 24 TLC	19 Kids-Count	19 Kids-Count	Chocolaters	Chocolaters	My First Home	My First Home	19 Kids-Count	19 Kids-Count	Chocolaters
family	603 561 25 FOOD	Chef Abroad	Chef Abroad	Chefs vs. City		Restaurant Makeover		Driver, Drive-In	Unwrapped	Dinner Imposs.
	615 520 26 A&E	Criminal Minds (HDTV)		CSI: Miami (HDTV)		CSI: Miami (HDTV)		(10:01) Criminal Minds		Criminal Minds
	617 522 32 SHOW	Trailer Park	Trailer Park	Relic Hunter		Family in Hiding (2006, Suspense)	Brenda Strong.			Drop-Diva
	601 562 33 SLICE	Paper Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada	Whatever	Real Housewives of New York		Housewives
	- 633 34 ENC2	Miss Spider		(7:25) Geraldine's Fortune (2004, Comedy)		Shane **** (1953, Western)	Alan Ladd, Jean Arthur.			Big Red One
	520 505 35 DISC	Destroyed	Destroyed	Swap Loggers (N)		Daily Planet	Destroyed	Destroyed		Swamp Log
	624 532 36 BRAVO	(6) Bowfire		Spectacle: Elvis		Law & Order "Mad Dog"		Without a Trace		Music-Chance
	290 650 40 WPCH	Law & Order: Special Victims		Seinfeld	Name is Earl	Movie				Dumb-Dumber
	628 547 41 COM	Just for Laughs		Air Force	22 Minutes	Cornier Gas	Name is Earl	The Simpsons	South Park	FIt-Conchords
	- 539 42 TCM	(6) Dersu Uzala **** (1975, Adventure)			Kagemusha ****	(1980, Drama)	Tatsuya Nakadai, Tsutomu Yamazaki, Kenichi Hagihara.			
cable variety	628 584 43 SPIKE	(5) UFC: Best of 2009		Blue Mountain	Blue Mountain	UFC Unleashed		UFC Unleashed (HDTV)		Blue Mountain
	522 516 45 HIST	Ancients Behaving Badly		Aftermath		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus
	627 528 46 SPACE	Masters of Science Fiction		Fringe		Stargate SG-1		Star Trek: Next Generation		Trek: Voyager
	- - 47 AMC	(6) Planet of the Apes **** (1968)			Breaking Bad			Volcano ** (1997, Action)	Tommy Lee Jones.	
	619 525 49 TROP	End of Leash	Last 10	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash
	500 564 50 HGTV	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes on Homes		Sarah's House	Genevieve	Outdoor Room
	501 391 52 CTV	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News
	504 508 70 BNN	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play
	526 507 92 VIVA	Medium		Cold Case "Spiders"		Psychic Inv.	Ghostly Enc.	Judging Amy		Missing
	269 350 93 APTN	Fish Out of Water	Mixed Blessing	Cashing In (N)	Rabbit Fall	Blackfly	Moose TV	Rez Rides	MYTV	Moccasin Flats
- - 94 MCP	World News	News	My Queen	Immortal Yi, So	11 Caffe		In Germany	Euroamax	Schauaplatz	
	571 580 100 MMM	mmtp010.ca		Hammertime	Gimme Sugar	Gene Simmons Family Jewels		Hammertime	Gimme Sugar	G. Simmons
	570 580 101 MM	disBANd	Muchmusic Countdown			UR11		Gossip Girl (HDTV)		Love Court
	581 566 102 MTV	16 and Pregnant		16 and Pregnant		MTV Live	Sex, News-Roll	Taking, Stage	My Life as Liz	16-Pregnant
	116. TV5	Les Invincibles (SC)		APM: Accel	Nouva	TV5 Le Journal	(9:35), Temps présent.		Horizons (SC)	

critics' corner

Chefs vs. City

In this series, chefs Chris Cosentino and Aaron Sanchez are pitted against local foodies in a winner-takes-all race through a different city each week. In this episode, they're in Los Angeles to take on Amy Powell, owner of Big Ed's Gourmet Hot Dogs and Nino Linsmayer, owner of Food Lab Cafe Catering. 11 AM on FOOD



Parenthood

Drew helps Adam connect with Max when he rejoins the baseball team. Sarah (Lauren Graham) makes friends with Amber's English teacher. Julia (Erika Christensen) tries to teach Sydney to stand up for herself. Dax Shepard, Craig T. Nelson, Bonnie Bedelia and Monica Potter also star in the new episode "The Situation." 8 PM on CKAL; 11 PM on KHQ

NCIS

Gibbs and DiNozzo and the rest of the team help Vance (Rocky Carroll) face his demons while uncovering a complex relationship with a killer that endangers his family in "Endgame." Paula Newsome, Penny Johnson Jerald and Kelly Hu guest star; David McCallum and Pauley Perrette also star. 9 PM on CICT KREM

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18 entertainment

Amy Winehouse is ready to start a family, according to her father. "She loves kids, especially all our little cousins," Mitch Winehouse tells Contact Music. **METRO WORLD NEWS.**

Celebrity Buzz

Kate's home 'tainted'

EVERYONE FEELS BAD FOR THE GIRL LIVING IN THE \$6M MANSION Kate Winslet wants to move out of her marital home because it is "tainted" with bad memories, femalefirst.co.uk reports.

The Oscar-winning actress — who split from her film director husband Sam Mendes earlier this year — is desperate to leave their \$6 million US New York mansion because she can't stop thinking about the arguments they had since they moved there in 2005. A source told the New York Post newspaper:

"Kate really wants to leave the apartment. She sees it as a house of horrors because of the fights she and Sam had there. She feels it is tainted."

The 34-year-old star is desperate to return to the U.K. as soon as possible, so she can spend

time with her close friends. However, Winslet is contracted to work on Mildred Pierce — a five-hour-long mini-series which is based on a novel by James M. Cain — before she can make the move.

The actress — who has a six-year-old son Joe with Sam, and her daughter Mia, nine, from her marriage to Jim Threapleton — has been receiving a lot of support from her friends since she announced her separation from Mendes.

METRO WORLD NEWS

Ricky 'fortunate homosexual'

AND GAY MEN AROUND THE WORLD SAY I TOLD YOU SO Singer Ricky Martin put speculation about his sexuality to rest yesterday, posting a comment on his website that he is gay.

Martin wrote on his official website that, "Today is my day, this is my time, and this is my moment ... These years in silence and reflection made me stronger and reminded

me that acceptance has to come from within and that this kind of truth gives me the power to conquer

emotions I didn't even know existed."

He ends his post with, "I am proud to say that I am a fortunate homosexual man. I am very blessed to be who I am."

This is the first time Martin, 38 — who fathered twin sons with a surrogate mother — has publicly spoken about his sexuality.

METRO NEWS SERVICES

Will Elin attend Masters?

IT WOULD BE A GOOD IDEA TO KEEP AN EYE ON HIM While Tiger Woods is preparing

to return to golf at the Masters in Augusta, Ga., on April 8, his wife Elin Nordegren must decide whether to attend the tournament, in what would be a very public display of support for her husband.

And that's just the scenario Woods' camp would like to

see happen, according to a source close to Nordegren, people.com reports.

"Elin does not want to go to the Masters and is preparing for a trip to see her family and friends in Sweden," the source tells People. "She is also being asked by Tiger to attend the Masters, even if for a half day, to look like she is interested in support-

ing his return to golf. But she would rather not be there."

Instead, the source believes that Nordegren will continue to keep a low profile and fly a commercial airline to Sweden, where her family lives.

"Tiger's (private) plane is too 'in your face' for her now," the source says. "She really does not want to go to Augusta, and it is easier for her to be far away than home in Orlando."

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

DEMI MOORE is taking Kim Kardashian to task over word usage, **NICOLE "SNOOKI" POLIZZI** is turning off Twitter for a while, **TOM HANKS** wants to get ahead of the technology trend for his next film, and **JIM CARREY** is chiming in on the latest Catholic controversy.

@mrskutcher
@KimKardashian No disrespect I love a girls night out but a pimp and pimping is nothing more than a slave owner!

@Snooki
I'm going to have twitter withdraw!!! Gettin geared up to shoot season 2 !!! I missed cameras in my face

@tomhanks
Thinking to shoot Larry Crowne not in 3-D, but 6-D. May go all the way to 7- or 8-D. Stand by.

@JimCarrey
The Catholic priesthood has become a religious disorder.

METRO NEWS SERVICES

Brand, not Perry, the Bridezilla

WOULD ANYONE BE SURPRISED IF HE WORE A WHITE DRESS IN THE CEREMONY Katy Perry isn't obsessing too much over her upcoming wedding to Russell Brand. Surprisingly, it's her fiancé that's filling the Bridezilla role in their relationship, Perry admits.

"I'm not that obsessed," she tells Hollyscoop. "If we stop for breakfast, he has to stop and get Bride magazine. It gets a little crazy."

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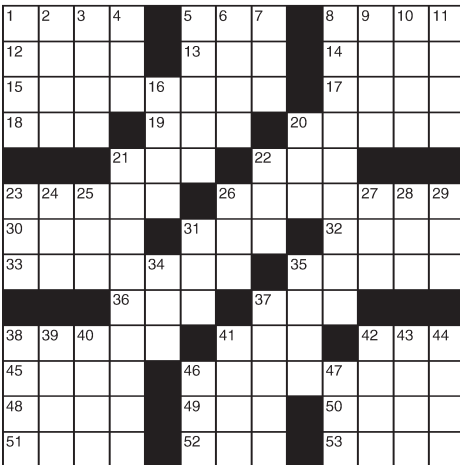
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WEEKDAYS AT 6 A.M.



ACROSS

- 1 Disappear gradually
- 5 Fox competitor
- 8 Georgetown athlete
- 12 Sacred bird of Egypt
- 13 Carnival city
- 14 Squared
- 15 Screwdriver type
- 17 Car
- 18 Conger, e.g.
- 19 Donkey
- 20 Mgmt.
- 21 Historic boy king
- 22 Suitcase
- 23 Calyx leaf
- 26 Rum exporter
- 30 Door handle
- 31 Levy
- 32 Lake vessel
- 33 Lemon-coloured
- 35 Big feather
- 36 Environmentally friendly
- 37 Witness
- 38 Explosion
- 41 Fellow
- 42 Time of year

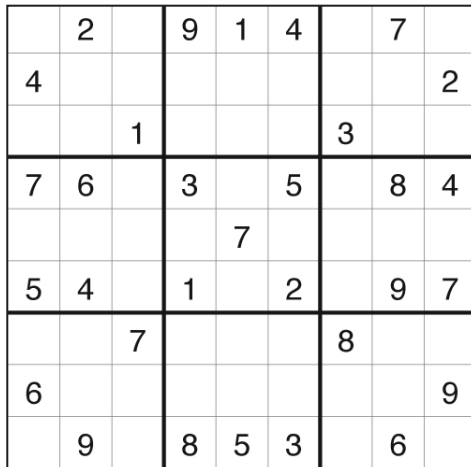
DOWN

- 1 Flute's kin
- 2 Competent
- 3 Use a rotary phone
- 4 Superlative ending
- 5 Peak of a wave
- 6 Prejudice
- 7 Turf
- 8 Place of honor, at dinnertime
- 9 Egg, biologically
- 10 Bigfoot's cousin
- 11 In due time
- 16 Burglar's booty
- 20 Intention
- 21 Sodium chlo-
- ride
- 22 Send electronically
- 23 Firmament
- 24 Away from WSW
- 25 Rep. or Dem.
- 26 — Leno
- 27 Debtor's letters
- 28 Rotating part
- 29 Dined
- 31 Number suggested by 53-Across
- 34 Autumn mo.
- 35 Confined, with "up"
- 37 Soothing remedy
- 38 Forehead
- 39 Old Italian money
- 40 Gel in a petri dish
- 41 Primary
- 42 Dog food brand
- 43 Pace
- 44 Engrave
- 46 "No seats" sign
- 47 Winter mo.

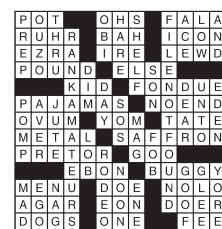
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



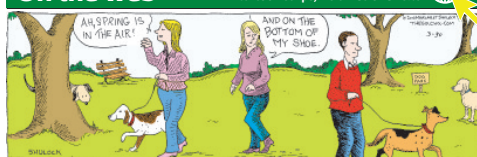
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	3	4	2	9	7	6	5	1
5	9	7	1	8	6	3	2	4
2	1	6	3	5	4	9	7	8
3	5	2	9	7	1	8	4	6
4	6	1	5	3	8	2	9	7
9	7	8	6	4	2	1	3	5
7	4	3	8	1	9	5	6	2
6	8	5	7	2	3	4	1	9
1	2	9	4	6	5	7	8	3

On the web

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Metro Recipe of the Day



Roasted artichoke and pepper bruschetta

INGREDIENTS:

- 1 ciabatta
- 1 red pepper, thinly sliced
- 2 tbsp olive oil (from jar of artichokes)
- 12 slices salami
- 4 tbsp tapenade
- 1 jar roasted artichokes in olive oil, drained and sliced

METHOD:

1. Preheat broiler and line bottom of broiling pan with foil. Cut ciabatta into 12 slices on diagonal, each 1/4 in. thick. Put on broiling pan rack and cook about 1 minute on each side or until golden.
2. While bread is toasting, toss red pepper slices in oil. Remove broiling pan rack with toast still on it

and set aside. Put pepper slices in single layer to one side of foil-lined pan and cook 3 minutes. Add salami to other side and broil 2-3 minutes or until peppers are lightly singed and salami slices start to crisp. 3. Meanwhile, stir contents of tapenade jar to blend in oil, then thinly spread onto toasts. Place pepper and artichoke slices on each piece, then top with crispy salami. Return to broiler to heat through. Serve at once.

SERVES 4

rd.ca



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Force yourself to do something for another person today. Not only will you quite enjoy the effort but you will impress some very important people.

TAURUS
APRIL 21-MAY 21
You must resolve a difference of opinion and learn to get along with someone whose help you are going to need.

LIBRA
SEPT 23-OCT 23
Don't sit and brood on what might have been. Although today's full moon may be hard to deal with you know you have lots to be thankful for.

SCORPIO
OCT 24-NOV 22
Certain things may not have worked out the way you intended but it is really such a big deal? Of course not.

GEMINI
MAY 22-JUNE 21
Help will arrive when you need it most. Not only that but your current situation is not nearly as bad as you like to think it is.

SAGITTARIUS
NOV 22-DEC 21
You don't have to do anything special to impress others today — just be yourself and they will like what they see.

CANCER
JUNE 22-JULY 22
Be careful who you confide in today. Not everyone has your interests at heart and if you let slip any valuable information there is no telling where it might lead.

CAPRICORN
DEC 22-JAN 20
You have made the best of a difficult situation and can feel rightly pleased with yourself. But don't stop there.

LEO
JULY 23-AUG 23
The world is full of people who say they want the truth when all they really want is to hear their own ideas and theories accepted by everyone else.

AQUARIUS
JAN 21-FEB 18
Don't waste time on trivial things. Decide what is your main priority and focus on it to the exclusion of everything else.

VIRGO
AUG 24-SEPT 22
Blackmail never works, so get rid of the idea that by applying emotional pressure on someone you can make them conform. You can't.

PISCES
FEB 19-MARCH 20
Today's full moon may harden your resolve not to give in to someone's pleas, but do you really want to appear cold-hearted?

This day in history

- 240 BC – 1st recorded perihelion passage of Halley's Comet.
- 1842 – Anesthesia is used for the first time in an operation by Dr. Crawford Long.
- 1858 – Hymen Lipman patents a pencil with an attached eraser.
- 1954 – Yonge Street subway line opens in Toronto. It is the first subway in Canada.
- 1981 – U.S. President Ronald Reagan is shot in the chest outside a Washington, D.C., hotel by John Hinckley, Jr.

METRO NEWS SERVICES

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1 wk.

\$1329

*Taxes & other fees
(including service charges): \$287
Please add \$50 for Sat. & Sun. departures

DOMINICAN REPUBLIC

Puerto Plata via Toronto

Bahia Principe San Juan • 4 ★

All-Inclusive • Standard rm.

Apr. 9, 16 & 23 • 1 wk.

\$599

*Taxes & other fees
(including service charges): \$314

HAWAII

Honolulu via Vancouver

Aston at the Waikiki Banyan • 3 ★

Value rate - One-bedroom,
one-bath standard rm.

May 10 • 1 wk.

\$899

*Taxes & other fees
(including service charges): \$138

MEXICO

Dreams Puerto Vallarta

Resort & Spa • 4 1/2 ★

Unlimited-Luxury®

Deluxe oceanview rm.

May 1-29 • 1 wk.

\$1199

*Taxes & other fees
(including service charges): \$270

MEXICO

Puerto Vallarta/Riviera Nayarit

Meliá Puerto Vallarta • 4 ★ 

All-Inclusive

Deluxe garden view rm.

Apr. 10 & 24 • 1 wk.

\$879

*Taxes & other fees
(including service charges): \$270

CUBA

Varadero

Meliá Varadero • 4 ★

All-Inclusive • Standard rm.

Apr. 11 • 1 wk.

\$1169

*Taxes & other fees
(including service charges): \$128

Santa Clara

Occidental Royal

Hideaway Ensenachos • 5 ★

All-Inclusive

Supersaver spa rm.¹

May 1-22 • 1 wk.

\$1339

*Taxes & other fees
(including service charges): \$218

DEAL to EUROPE

Paris via Toronto or Montreal

Hotel Cervantes Paris • 3 ★

Breakfast

Double standard rm.

June 6-11 • 6 nts.

\$1199

*Taxes & other fees
(including service charges): \$419

Complimentary
Hop-on/Hop-off tour

DEAL on CRUISES

Louis Cruises²

Louis Cristal

Greece & Turkey Cruise

Flights to Athens via Montreal

Inside stateroom, cat. 1C

Aug. 6 • 1 wk.

\$2719

*Taxes & other fees
(including service charges): \$669

Book by April 30 and
SAVE \$200 per couple

OCCIDENTAL HOTELS & RESORTS

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2 ★

All-Inclusive • Deluxe rm.

May 30 • 1 wk.

\$1189

*Taxes & other fees
(including service charges): \$280

COSTA RICA

Liberia via Toronto

Occidental Grand

Papagayo • 4 1/2 ★

All-Inclusive • Deluxe rm.

May 8, 15 & 22 • 1 wk.

\$1429

*Taxes & other fees
(including service charges): \$216



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Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Mar. 30 & Apr. 3, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Calgary International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. ¹Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Calgary to Paris via Toronto, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ²Privileges program not available with this room category 'Louis Cruises' ships' registry: Majuro, Piraeus and Valletta. ³Available in conjunction with flight-inclusive packages. Non-stop flights via Calgary. Excluding USA & Europe destinations. ⁴Aeroplan is a registered trademark of Aeroplan Canada Inc. ⁵Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.